



# ALPINE THREADS

Community and Family Life in the California Alps

Spring 2017

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*Masthead photo courtesy of  
Alpine County photographer  
Todd Branscombe.*



## It's time for Spring Cleaning!

As we enter Spring, the light increases, energy levels climb, and Spring cleaning is on the horizon! Don't miss the opportunity to get the kids involved in this seasonal, family tradition. There are many effective, age appropriate tasks they can accomplish. It's much more fun to sort out the closets, clean up the clutter and prep the yard with the whole family involved.

Some of the keys to cleaning with the kids are:

- Give them specific, age-appropriate tasks that take 30 minutes or less to complete
- Make them fun to do:
  - Play some favorite music and pump it up!
  - Make a game of "slam dunking" into the trash or dirty clothes pile
  - Let younger children put stickers or stamps on the "chore chart"
  - Ask older children what reward they might like ~ it might not be cash! Perhaps a later bedtime one day a week, a pizza party, a movie or bowling night out, or that new video game.
- Give LOTS of praise and encouragement!

Here are some suggestions:

**PRE-K** Sort shoes and put away the winter boots  
Pick up sticks and toys from the yard  
Wipe down lower window ledges

**K-2ND** Put away winter clothing  
Sort out broken and outgrown toys  
Rake out flower beds or garden areas

**3RD- 6TH** Go through clothing to pull out items too small  
Help pack outgrown items for donation  
Help rake and clean outdoor furniture

**PRE-TEENS** Go through clothing to pull out items too tight or short  
Wash windows and screens  
Help prep garden or flower beds

**TEENS** Pack and make a list of donation items  
Inspect and make minor repairs to sporting equipment  
(bikes, skateboards, footballs/soccer balls, etc)  
Organize the linen closet or tool shed



Remember, Spring Cleaning is no one's idea of a fun time, so make it upbeat, reward the workers and party on!

# Be an inspiration... Become a mentor

- All it takes is one hour a week and you could brighten a child's day!
- Training, support and group activities will be provided.
- We invite trained mentors to have lunch with their mentees at Diamond Valley School.

For more information please contact Alpine Mentor Coordinator  
**Betty Hathaway (530) 694-9459**

## Having a hard time thinking of what to do with your mentee?

The weather is warming up and spring is right around the corner. Some suggestions might be to go hiking or taking the dogs for a walk. Your mentee might even enjoy visiting a park or feeding the ducks. There are tons of inexpensive things that you can do with your mentee to just give them a fun day to get out of the house.

### Young Leaders

**Diamond Valley School - Tuesday 3:30pm-4:30pm**

After school program: *For the kids that go to the after school program that want to learn leadership skills to succeed in life.*

### G.I.R.L.S. Group

**Diamond Valley School - Wednesday 3:30-4:30**

After school program: *G.I.R.L.S. stands for girls in real life situations to help the girls deal with the daily stressors of growing up a girl.*



Please remember to email, call or fax in your mentoring hours & In Kind donations to your mentor coordinators for January and February. We need those reports for our grants.

**Thank you for all your help!**

**Betty Hathaway: [betty@tahoeoyouth.org](mailto:betty@tahoeoyouth.org) (530) 694-9459**

**Jessica Kline: [jessica@tahoeoyouth.org](mailto:jessica@tahoeoyouth.org) (530) 694-9459**



## 21st Century Skills Promoting Career Readiness in Today's World

Alpine Connections Career Center

**Renee Lynch**

*Workforce Development &  
Eligibility Specialist*

**530-694-2235 Ext. 227**

**[www.alpinecountyca.gov](http://www.alpinecountyca.gov)**

**America's JobCenter**  
of California™

### Q: What are 21st Century Skills?

**A:** 21st century skills refers to a broad set of knowledge, skills, work habits, and character traits that are essential for success in today's world.

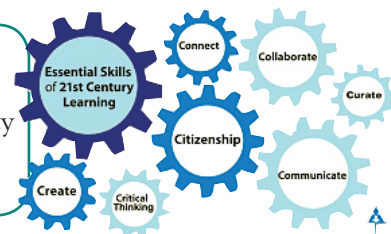
### Q: Why are 21st Century Skills so important?

**A:** Because of the rise of digital information and technology, barriers of geography and time have been eliminated and it is now easier than ever to work with people halfway across the globe as it is with people halfway across town. As a result, information, money and ideas cross the globe quickly and our workforce needs the skills to operate successfully in this fast paced and competitive environment.

### 10 ESSENTIAL SKILLS FOR THE SUCCESSFUL LEARNER/WORKER

Here are 10 essential skills that can keep employees competitive and for learners to develop the skills they need to enter the work world prepared:

- Critical thinking
- Leadership
- Communication
- Collaboration
- Adaptability
- Innovation
- Global citizenship
- Productivity and accountability
- Entrepreneurialism
- Accessing and synthesizing



### Alpine Connections Career Center

The Career Center is a proud of partner America's Job Center. The Career Center serves as the recruitment and training center for local employers and job seekers offering computer skill building workshops, resume and job search assistance. We also offer placement assistance to employers to fill available positions and can help organize job fairs. Please contact us if you are interested in learning more about 21st Century Skills or additional services!



# Giving Kids a Strong Start: Supporting Brain Growth in the Early Years

*John Fisher, Executive Director ~ First 5 Alpine County*

**The early years of a child's life, from birth through age three, are a critical period for his or her brain development.** Caregiving during these years can affect the structure and function of the brain, which can shape the way a child learns, thinks and behaves for the rest of his or her life.

First 5 Alpine was formed to help parents and caregivers prepare children to succeed in school. Because everyone who cares for young children has the opportunity to make a huge difference in their lives, caregivers and parents should consider the following when caring for a child:

## 1. Maintain a healthy diet.

Alcohol, drugs, and poor nutrition are harmful to the developing brain of a fetus and a child. Conversely, good maternal nutrition and breast-feeding offer substantial, long-lasting benefits.

## 2. Experiences help the brain develop.

Genetics and environment interact in complex ways. Positive emotional, physical and intellectual experiences are essential for the growth of a healthy brain. Without such experiences, an infant's neurons fail to grow and connect to other neurons, stunting development and affecting the structure of the brain.

## 3. Children require certain developmental experiences at particular times.


Young children need developmentally appropriate interaction at different times in their lives. A child's brain is "primed" for experiences at particular stages of development, such as talking, walking and emotional response patterns. For example, parents who engage in "baby talk" help their children acquire language skills.

## 4. Parents need information and support.

Parents can improve their parenting skills. Several counties and community organizations offer services to support parents in their efforts to create secure and nurturing environments for children.

Just as their bodies need food to grow, research indicates that the positive, emotional experiences a baby has in its earliest years are equally important for the growth of a healthy brain.

*First 5 Alpine is funded by Proposition 10, a statewide initiative approved in 1998 to fund education, health and child care programs for children prenatal to age five.*



ALPINE COUNTY  
**Health & Wellness**  
COALITION

**Our mission:**  
**Building strong  
community  
partnerships  
promoting healthy  
living through  
outreach, advocacy  
and education.**



## Upcoming Events

**April 29th** – Teddy Bear Parade

**May 13th** – Monster Jam Reno

**June 10th** – Kids' Fishing Day

**July 1st** – Membership Renewal Due Date



**Contact Edie Veatch**  
[alpinekids@live.com](mailto:alpinekids@live.com)  
(530) 694-2934







## START YOUR CHILD ON A

**PATH TO BUILDING**

**HEALTHY  
RELATIONSHIPS**



#SAAM

### Parents of young children

It's important to demonstrate healthy personal boundaries with your child early on. Age-appropriate lessons about boundaries and consent can help shape your child's values.

### Support your child's healthy development:

- Respect your child's right to make choices about their body. *For example, don't make them hug someone they don't want to.*
- Encourage your child to respect the choices of others. *For example, tell them to ask their friends if it's okay before giving hugs, holding hands, taking pictures, etc.*
- Teach your child the correct names of all their body parts, including their genitals. This information empowers children to know their bodies and better understand development.

### RESOURCES

A Safer Family. A Safer World: [bit.ly/CSAFlipbook](http://bit.ly/CSAFlipbook)  
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Sexual Assault  
Awareness Month



### Contact us

100 Foothill Road, Suite A  
Markleeville, CA 96120

**24-Hour Crisis Line:**  
**(888) 750-6444**

Phone:  
**(530) 694 -1853**

MISTY Direct line:  
**(530) 285-4693**

BRIANA Direct line:  
**(530) 694 -4511**

## APRIL IS SEXUAL ASSAULT AWARENESS MONTH

Denim Day is April 26. Wear jeans on that day to showcase your support of sexual assault awareness. Learn the story behind Denim Day at [denimdayinfo.org](http://denimdayinfo.org).

## Choices for Children



**Psychologist John Gottman maintained he could predict marital success in over 90% of cases based upon observing a 15 minute observation of the husband and wife.** Ten years later, the follow-up revealed he had predicted divorce with 94% accuracy for 700 newlywed

couples. His secret? Scoring the positive and negative interactions he observed during their 15 minute conversation. Gottman theorized that couples who offered at least 5 positive interactions for every 1 negative reaction had the "magic ratio" for a lasting relationship. Why so many positive interactions to negative? As humans we react to negative experiences more strongly than positive ones. Think about the last time someone complimented you. Now think about the last time someone was rude to you. More often than not, we focus on the negative experience longer.

Other researchers have found a correlation between high ratios of positive to negative interactions have resulted in increased productivity in work teams, increased student outcomes for children and improved child behaviors, by offering each other more positive expressions than negative ones. The field of positive behavior support encourages adults working with children to offer 4:1 - 6:1 ratio of positive to negative feedback.

Why only 6:1? Why not more? Not all negative feedback is bad. Negative feedback is actually necessary because nobody is perfect and mistakes are actually great learning opportunities. Pointing out an error gives us a chance to reteach and give children an opportunity to "make right" and reflect. When giving negative feedback, always do so privately, with love and respect. It can be tempting to provide negative feedback in public at times. For instance, your child rushes the stall at a public restroom and doesn't realize there is a line, ask her to wait and come back and then quietly tell her about the line and waiting. This is more respectful and effective and rather than yelling, "Cassie! Come back here! There's a line."

When offering positive feedback be sure it is timely and specific and it is especially helpful if you can help them see how their action makes a positive influence on others.

Positive Feedback must be:

**Immediate | Specific | Sincere | Varied | Individual- it's what's valuable to the child**

*Remember this ratio works well with anyone and everyone so start looking for the good and let them know you've noticed!*



**Give more positive feedback**





# Fishing and Camping Improved on the East Fork Carson

*By Alpine Watershed Group staff*



**For the past two years, Alpine Watershed Group (AWG) has been restoring fishing and camping access sites along the East Fork of the Carson River.** The eight sites are along a 6.5 mile reach from Silver Creek's confluence, to Hangman's Bridge. This reach includes important habitat for trout fisheries such as the endemic and threatened Lahontan Cutthroat, and supports Wild & Scenic section of the East Fork. The walls of the East Fork canyon are generally very steep, allowing limited vehicle access to the river. Decades of concentrated vehicle use expanded the roads, trails, and campsites, sometimes into the river itself, causing damage to sensitive habitats.

Funded by California State Parks' Off-Highway Motor Vehicle Recreation Grants Program, the goal of AWG's East Fork project is to restore the damaged riparian habitat, improve water quality, enhance recreation opportunities, and maintain the sustainable use of Off-Highway Vehicles (OHVs). AWG hired a local contractor to place donated boulders along the roads leading to the river, around the dispersed campsites, and along the riverbanks to keep vehicles in specific areas and out of the river. AWG volunteers spent two seasons collecting, growing, and planting locally-sourced willows and cottonwoods along the damaged riverbanks to slow erosion and provide shade and habitat for fish.



Excitingly, this project is wrapping up in June. All there is left to do is some cleanup, boulder placement and interpretive signage.

Looking back at this grant-funded East Fork project, we are proud to have increased the number of campsites, maintained and enhanced the number of fishing access points, and restored five acres of native riparian habitat with hundreds of willows, dozens of cottonwoods, and hundreds of thousands of seeds. As you read this, the combination of planting boulders and native plants is removing tire scars, restoring ground cover, allowing native vegetation to recuperate, as well as preventing future damage from out-of-bounds OHVs.



Looking forward, this year's big winter runoff will test the restoration techniques and may require some adaptive management. After the grant funding ends this June, AWG will continue to monitor how the environment recovers and provide some volunteer trash removal and additional native plants as needed. The Forest Service and the Alpine County Sheriff's Department are partners committed to continued enforcement and education. This will ensure that the project creates a long-term positive effect by helping preserve the area's extraordinary scenic, recreational, fishery, and wildlife resources, while allowing for access and more sustainable OHV use.

Alpine Watershed Group would like to thank the California State Parks Off-Highway Motor Vehicle Recreation Grants Program, fantastic restoration volunteers, and the project partners: Humboldt-Toiyabe National Forest, Bureau of Land Management, Alpine County, Carson Water Subconservancy District, and the Sagebrush Chapter of Trout Unlimited. AWG also hopes that Alpine County residents and visitors alike will take time outside to enjoy the East Fork, and all of Alpine County's watersheds.

**Alpine County Public Health is now on Facebook & Twitter**

Like us and follow us for up to date information and tips about healthy living and emergency preparedness in beautiful Alpine County!





***It was the millisecond, the first moment of free fall. I knew it was the worst mistake I ever made. - Kevin Hines***

Since the Golden Gate Bridge opened in 1937, thousands of people have tried to kill themselves by leaping. Only 34 have lived. Kevin Hines is one of them.

On September 24, 2000, the paranoid and hallucinating nineteen-year-old flung himself off the bridge in a suicide attempt. He fell 220 feet straight down into the San Francisco Bay, shattering his T12, L1, and L2 vertebrae. He lacerated most of his lower organs. A Coast Guard boat pulled Hines from the frigid waters, and brought him to Marin General Hospital. Thanks to a serendipitous, experimental surgery the plunge into the water left almost no physical evidence on Hines' body. He has a few scars, but otherwise his body is whole again. He now travels the world to share his story in the hopes of preventing more suicides and educating people about wellness. His first book, *Cracked Not Broken*, was released in July 2013.

The first time Hines shared his story in public, it was to a group of seventh and eighth graders at the middle school he had attended. He received 120 letters, one from each of the students who had listened to him. Among those were six from children who were suicidal. Because the letters were screened, those students received help. That was the beginning of his mission. Hines has spoken to millions of people since then, always with the same basic message: You are not alone. Recovery is possible.

*Kevin Hines is an award-winning global speaker, best-selling author, documentary filmmaker, and suicide prevention and mental health advocate who's will to live and stay mentally well has inspired people worldwide. His compelling story has touched diverse, global audiences and thousands have communicated to Hines that his story helped save their lives.*

Join Alpine County Behavioral Health Services as we host 2 speaking engagements with Kevin Hines on **Wednesday, May 24, 2017**. The first will be from **10am-Noon at Turtle Rock Park**, located at 17300 Hwy 89, Markleeville; and the second will be from **6-8pm at the Hung-A-Lel-Ti Gym** located at 96 Washoe Blvd, Markleeville.

## **Sweet, Candy & Fruit Flavored Tobacco Products Entice Youth | What if flavors didn't exist?**

**In the United States, consumption of flavored tobacco products such as cigars, cigarillos, smokeless tobacco, shisha or hookah tobacco, and liquid nicotine solutions (used in electronic smoking devices) have increased in recent years.** These products come in a variety of flavors including chocolate, berry, cherry, apple, wintergreen, and peach and are sold in colorful packaging, which make them especially appealing to young people. There is growing concern that flavored tobacco products help users develop habits that can lead to long term nicotine addiction.<sup>1</sup>

A group of researchers in Texas recently sought to find out if there might be a reduction in youth and young people's e-cigarette and tobacco use if those sweet, candy, fruit and other flavors were no longer available. They were able to collect survey data from over 2400 youth (age 12-17) and 4300 young adults (age 18-29). Among those who had used ANY tobacco product in the past 30 days, flavored tobacco use was high for both youth (89%) and young adults (83%). Those who responded that they used flavored tobacco were asked if they would still use that product if it were not flavored.<sup>2</sup>

**84% of youth flavored tobacco users said they would NOT use the product if it were not flavored.**  
**76% of young adult flavored tobacco users said they would NOT use the product if it were not flavored.**

This is a promising finding. The potential for reducing youth and young adult use seems high if flavors were restricted or removed.<sup>2</sup> California has taken some key steps toward reducing youth access to tobacco products by increasing the age of purchase from 18 to 21, classifying e-cigarettes as tobacco products, and as of April 1st, the voter approved \$2.00 per pack increase in tobacco tax is in effect. Communities like Alpine County can do even more, by taking a stand against products aimed at enticing youth and adopting policies that protect kids, such as restricting tobacco sales in proximity to schools and playgrounds or banning the sale of flavored tobacco and/or e-cigarettes and e-liquids. For more information, contact the Alpine County Tobacco Control Program at (530) 694-2146.

**Are you ready to quit smoking? There is FREE HELP! California Smokers' Helpline 1-800-NO-BUTTS**

1 California Department of Public Health, Flavored Tobacco Products Fact Sheet, March 2017 2 Harrell, Melissa B.; Loukas, Alexandra; Jackson, Christian D.; Marti, C. Nathan; Perry, Cheryl L. Flavored Tobacco Product Use among Youth and Young Adults: What if Flavors Didn't Exist? Tobacco Regulatory Science, Volume 3, Number 2, April 2017, pp. 168-173(6)



# It's the Friends of the Library

# TEDDY



# BEAR

**Saturday  
April 29, 2017  
12:00-3:00 PM**

**BRING YOUR  
FAVORITE  
STUFFED  
ANIMAL!**

**Crafts  
Games  
Free Books  
Face Painting  
Seed Planting  
Indian Tacos**

# PARADE!



## Markleeville Library Park

### This event is sponsored by:

Friends of the Library  
Alpine Watershed Group  
Forest Service  
Tahoe Youth and Family

Herb Gatherers  
Alpine Kids  
First 5 Alpine  
Chamber of Commerce

Child Abuse Prevention Council  
Live Violence Free  
Alpine County Sheriff  
Choices for Children



# Camp Sunrise

## Children's Bereavement Camp June 23rd – 25th, 2017

Held at the 4H Camp near  
Stateline, Nevada

Camp Sunrise is a **FREE** grief camp designed for children age 7 – 14 that have experienced the death of a family member. Children receive grief education and support through a variety of fun-filled activities and programs throughout the weekend. The camp begins late Friday afternoon and ends midday on Sunday.

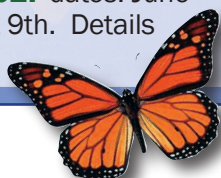
To receive a registration form or volunteer application for this year's camp, please contact Tina Bruess at 530-543-5592 or [tbruess@bartonhealth.org](mailto:tbruess@bartonhealth.org)

Camper participation applications must be completed and returned to the Hospice office by Friday, May 22nd at 2092 Lake Tahoe Blvd., Ste. 500, South Lake Tahoe, CA 96150.

Entry to the camp is subject to an interview with a camp counselor. Interviews will be scheduled after receipt of a completed registration form. Residents of the South Lake Tahoe, Minden, Gardnerville, Markleeville and Carson Valley/City areas may apply.

## Library News and Events

- **NEW! Little Free Library!** We're happy to announce the installation of our first Little Free Library (or LFL)! Located behind the flagpole at the Markleeville Library. These are free to take, all we ask is you either return it (or another book) when finished! We have plans to install several of these around Alpine County—including campgrounds! If you'd like to be involved in creating a LFL, please let us know! 530-694-2120
- Due to torrential rains in February, **our beloved Bear Valley Library has flooded once again.** This time, we are sharing space with the preschool inside the Perry Walther Building while the Library undergoes repairs. BV Library hours are Wed and Sat from 12:30-6pm. If you're in Bear Valley stop in and say hi! This would also be an excellent time to take advantage of our ZipBooks program (call Thea at 209-753-6219 for more information). We're hopeful to be back into our original location by July 2017.
- Mark your calendars for **Music in the Park 2017** dates! June 24th, July 29th, Aug 12th, Aug 26th and Sept 9th. Details coming soon!





## Alpine Threads Editorial Board

First 5 Alpine  
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www.first5alpine.com

Alpine County Health  
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75 B Diamond Valley Rd.  
PH: 530-694-2146  
FAX: 530-694-2252

The Learning Center  
and Local Child Care  
Planning Council  
100 Foothill Rd.  
PH: 530-694-1148

### Website Links

- [www.alpinecountyca.gov/calendar](http://www.alpinecountyca.gov/calendar)
- [www.first5alpine.com](http://www.first5alpine.com)
- [www.alpinecounty.com](http://www.alpinecounty.com)
- [www.alpinewatershedgroup.org](http://www.alpinewatershedgroup.org)
- [www.alpinebiomasscommittee.wordpress.com](http://www.alpinebiomasscommittee.wordpress.com)

### ATTENTION LOCAL ORGANIZATIONS & AGENCIES

If you'd like to share your  
website link send it to Gina at  
gina@originalmatteoni.com and  
we'll add it to our column.

Disclaimer: This wellness-focused publication  
is not intended to provide timely news and/or  
personal, political or discriminatory statements.  
Alpine Threads Editorial Board reviews all content.



## ALPINE THREADS

75 B Diamond Valley Rd.  
Markleeville, CA 96120  
Phone: (530) 694-2146

Addressing the needs of the  
Alpine County Community

# Healthy Eating, in a SNAP!



## Tuscan Potato Skillet

*Lemon zest, garlic and rosemary add a delightful Tuscan twist to this green bean, potato and chicken skillet. The best part? Only having to use one pan to whip up this weeknight favorite, which also makes clean-up a breeze!*

Makes: 4 servings   Prep time: 15 minutes   Cook time: 25 minutes

### Ingredients

- 10 petite red potatoes
- 1 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound chicken pieces
- 2 tablespoons extra virgin olive (divided)
- 1 tablespoon chopped fresh rosemary (or 1 teaspoon dried rosemary)
- 4 cloves garlic (minced)
- 2 1/2 cups frozen green beans (thawed, 12 oz. bag)
- 1 lemon (zested and juiced)

### Preparation

1. Cut each potato into 4 wedges. Place in a large microwave-safe bowl and season with salt and pepper. Microwave on HIGH for 4 minutes. Stir and microwave for 4 minutes more.
2. While potatoes are cooking, cut each chicken tenderloin into 4 equal pieces.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken and cook for 5 minutes or until nicely browned, stirring frequently.
4. Add remaining oil and potatoes; cook and stir for 5 minutes more to brown potatoes and fully cook chicken.
5. Stir in rosemary, garlic, green beans, lemon zest and juice. Cook for a few minutes more to heat through. Season to taste with salt and pepper.



For more recipes, borrow SNAP-Ed cookbooks from the  
Library and the Woodfords Indian Education Center.

CALIFORNIA  
SMOKERS' HELPLINE  
**1-800-NO-BUTTS**

Alpine Threads is brought to you by Alpine County Tobacco Control, a Prop 99 funded program.

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Markleeville, CA 96120

**ECRWSS**  
**POSTAL CUSTOMER**